

# Cape Cod National Seashore

National Park Service  
U.S. Department of the Interior



## Ranger-Guided Activities July and August 2004



### **SALT POND VISITOR CENTER**

*OPEN DAILY 9 TO 5.*

*OFF ROUTE 6, EASTHAM.*

**508 255 - 3421**

During the major rehabilitation of the center scheduled to be completed in 2004, visitors to Salt Pond are being served from a small temporary visitor center and bookstore located in the parking area. Staff are on duty to assist with trip planning, and a variety of books, maps, puzzles, games and other interpretive items are available for sale. Portable restrooms are available. Bus parking is limited. The bicycle trail and Nauset Marsh and Buttonbush trails are open. Check at the temporary center for detours that may be in effect. At press time a date for reopening had not been determined.

### **PROVINCE LANDS VISITOR CENTER**

*OPEN DAILY 9 TO 5.*

*OFF RACE POINT ROAD, PROVINCETOWN.*

**508 487 - 1256**

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views, a small exhibit area, showings of park orientation films on the hour (9-4), staff on duty to assist with trip planning, and sales of books, maps, puzzles, games and other interpretive items. Restrooms with flush toilets and sinks are available in the parking area. The Province Lands Bike Trail and Race Point Beach are nearby.

## Canoe Adventures

Does a quiet morning paddle on a kettle pond appeal to you? How about a journey through a marsh or saltwater tidal river? These experiences can be yours by joining a ranger-guided canoe trip. Canoe trips explore the park from the water, providing new perspectives and insights into park resources.

**NAUSET MARSH, EASTHAM** - 2½ hours, 2 to 3 miles. (Includes short walk to and from the program site.) Meet at the Salt Pond Visitor Center, Eastham. Call 508 255 - 3421 for reservations.

**9:30 AM - Sundays, Wednesdays, Thursdays, Fridays and Saturdays.**

**2:30 PM - Mondays and Tuesdays**

**GULL POND, WELFLEET** - 2½ hours, 1 to 2 miles.

Call 508 487 - 1256 for reservations and meeting location.

**8 AM - Fridays.**

**RANGER'S CHOICE in TRURO and PROVINCETOWN** - 2½ to 3 hours, 1 to 3 miles. Destinations include Pamet River, East Harbor (Pilgrim Lake) and Provincetown Harbor. Call 508 487 - 1256 for reservations and meeting location.

**Wednesdays - time varies with the tides and location.**

**RANGER'S CHOICE in EASTHAM, WELFLEET and ORLEANS** - 3 to 3½ hours, 2 to 4 miles. Destinations include Pleasant Bay, Nauset Marsh and Welfleet Harbor. Call 508 255 - 3421 for reservations and meeting location.

**Tuesdays, Wednesdays and Saturdays - time varies with the tides and location.**

**CANOE LESSONS** - 1½ hours, 1 mile. (Includes short walk to and from the program site.) Learn basic paddling technique and how to control a canoe. Meets the basic experience required for park-sponsored trips. Meet at the Salt Pond Visitor Center, Eastham.

Call 508 255 - 3421 for reservations.

**1 PM - Tuesdays and Thursdays.**

❖ Canoe trips: \$20 per adult, \$12 per child 16 and under. ❖ Canoe lessons: \$10 per person. ❖ All trips are by reservation only. ❖ Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30 PM daily no more than seven days in advance. ❖ Basic paddling experience required. ❖ Equipment provided. ❖ Wading and assisting with equipment may be required. ❖ Minimum age is 6 for canoe trips and 12 for canoe lessons. ❖ Wear shoes that can get wet.

## Program General Information



Denotes programs that are accessible with minor assistance. Contact park staff for questions about accessibility.



Denotes programs especially suited for families with young children.



Long pants (shorts for canoe trips), appropriate footwear, hats, sunscreen, insect repellent & water are recommended for walks, hikes and canoe trips. ♦ Directions to meeting locations may be obtained at the visitor centers.



### Eastham Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WALK: SEARCHING FOR BIRDS</b> <b>7:30 AM</b> up to 1½ hours (plus travel time), distance varies. Free.	Join a skilled birdwatcher at various sites in the park for bird identification and observations. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center to caravan to selected sites.		●					
<b>SURFCASTING LESSON</b> <b>7:30 AM</b> 1½ hours. <b>\$15 per person, minimum age 12.</b> <b>Equipment provided.</b>	Learn the basics of saltwater fishing and a little about the fish that inhabit these waters. Meet at the Coast Guard Station, Coast Guard Beach (Eastham). <b>BY RESERVATION ONLY. TICKETS ARE NON-REFUNDABLE, AVAILABLE IN ADVANCE, AND MUST BE PURCHASED EITHER IN PERSON AT SALT POND VISITOR CENTER, OR BY CALLING 508 255 - 3421 WITH A CREDIT CARD, PRIOR TO 4:30 PM DAILY.</b>			●		●		
<b>HIKE: EXPLORE YOUR NATIONAL PARK</b> <b>8:30 AM</b> up to 3½ hours, 3 to 4 miles. Free.	Join an experienced park ranger to explore the beauty and variety of out-of-the-way park destinations, or to examine specialized topics. Routes vary weekly. Moderate to strenuous. <b>BY RESERVATION ONLY. CALL THE SALT POND VISITOR CENTER AT 508 255 - 3421 FOR TOPICS, LOCATION, DIRECTIONS AND TO REGISTER.</b>				●		●	
<b>FAMILY PROGRAM: BEACH BREAK</b> <b>10:30 AM</b> up to 30 minutes. Free.	Children 6 years of age and up can join a ranger on the beach for an activity or demonstration that explores the nature or history of the Cape. Adults must stay with children. Meet at the Coast Guard Beach shelter near the bathhouse, via bicycle or shuttle. Beach parking fees apply.	●		●				
<b>FAMILY PROGRAM: SHELLFISHING DEMONSTRATION</b> 1½ hours. Free. (Includes short walk to and from the program site.)	Learn about local shellfish and the traditional activity of shellfishing which has provided food for generations of Cape Codders. Suitable for children 6 years of age and up. Adults must stay with children. Wear shoes that can get wet. Meet at Salt Pond Visitor Center.	●						
<b>CAPTAIN EDWARD PENNIMAN HOUSE</b> <b>11 AM, T = Tour, 1 to 4 PM, OH = Open House</b> Free.	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-travelled family. <b>OPEN HOUSE</b> , browse through. <b>TOUR, ONE HOUR, BY RESERVATION ONLY. CALL 508 - 255-3421.</b> Limited parking.	T	OH	OH	OH		T	
<b>FAMILY PROGRAM: "S" IS FOR SEASHORE</b> <b>2:30 PM</b> 1 hour. Free. (Includes short walk to and from the program site.)	Parents, bring your pre-school-aged children to this nature discovery program and expose them to wonders of the seashore, woods, or swamps that are protected within Cape Cod National Seashore. Adults must stay with children. Meet at Salt Pond Visitor Center.					●		



Meets at the following varying times based on the tides:

July 4 - 10 am      August 1 - 8:30 am  
 July 11 - 4 pm      August 8 - 2:30 pm  
 July 18 - 9 am      August 15 - 8 am  
 July 25 - 2 pm      August 22 - 1:30 pm  
 August 29 - 8 am



## Eastham Programs *continued*

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WALK: LAND OF THE NAUSETS</b> <b>2:30 PM</b> 1½ hours, 1½ miles. Free.	Walk through the heart of the traditional lands of the Nauset People. Learn about their way of life and how it changed after European contact. Meet at Hemenway Town Landing (off Route 6, one road north of the blinking light at Fort Hill).		●					
<b>WALK: ARCHEOLOGY ON THE CAPE</b> <b>4 PM</b> 1½ hours, 1½ miles. Free.	Learn about the process of archeology and about the various discoveries uncovered within Cape Cod National Seashore, including the Carns Archeological Site. Meet at Doane Picnic Area.	●						
<b>TOUR: THREE SISTERS LIGHTHOUSES</b> <b>5 PM</b> 1 hour, ½ mile. Free.	 These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at northeast corner of Nauset Light Beach parking area.	●	●					
<b>WALK: LIFE ON THE EDGE</b> <b>5:30 PM</b> 1 hour, 1 mile. Free.	Witness the effects of the sea and discuss the issues associated with an ever-changing shoreline. Explore the beach below the bluff. Meet at Nauset Light Beach parking area.						●	
<b>CAMPFIRE: NAUSET LIGHT BEACH</b> <b>7:30 PM in July, 7 PM in August</b> 1½ hours. Free.	 Join us for an evening of fun as we gather around the campfire. Learn about special natural and historical resources of Cape Cod. Meet at Nauset Light Beach.	●		●				





## Wellfleet Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ATWOOD-HIGGINS HOUSE</b> <b>11 AM, T = Tour, 1 hour.</b> <b>1 to 4 PM,</b> <b>OH = Open House</b> Free.	 Learn about early 18th-century Cape Cod architecture and one of the early colonial settlement sites on the Outer Cape. <b>TOUR BY RESERVATION ONLY. CALL SALT POND AT 508 255-3421.</b>  <b>Directions: Take Route 6 east, then left onto Pamet Point Road, the last road before the Truro town line.</b>				T OH			
<b>WALK: SHORELINE STROLL</b> <b>2:30 PM</b> 1 hour, 1 mile. Free.	Walk through the diverse habitats and explore natural processes of the Great Island land bridge known as "the gut." Discover how wildlife has adapted to this area. Meet at Great Island parking area.	●						
<b>WALK: NATURE'S NURSERY</b> <b>2:30 PM</b> 1½ hours, 1½ miles. Free.	Examine plant communities, from heathlands to cedar swamps, while descending from ocean bluff to watertable. Explore the factors that influence these changes in the landscape. Meet at the Marconi Station Site observation deck, off Route 6.				●			
<b>ACTIVITY: PRAISE FOR POETRY</b> <b>5 PM</b> 1 hour, ¾ mile. Free.	Poets and other writers have long been inspired by the beauty of Cape Cod. Take in some of their inspiration as we read quotes and poetry, and even try your own hand at prose. Meet at the Great Island parking area. <b>Through 8/8 only.</b>	●						
<b>WALK: TIDAL FLATS FORAGE</b> 1½ hours, 1 mile.	 Explore the Cape Cod Bay tidal flats and examine the variety of life found there. Wear footwear that can get wet while wading. Meet at Great Island parking area. <b>* program may be modified for tides.</b> <b>Tuesdays: July 6 - 8:30 am; July 13 - 2:30 pm; July 20 - 8:30 am*; July 27 - 12:30 pm; August 3 - 8:30 am*; August 10 - 1 pm; August 17 - no program; August 24 - 11 am; August 31 - 5 pm.</b> <b>Thursdays: July 8 - 9:30 am; July 15 - 4 pm; July 22 - 8:30 am; July 29 - 2:30 pm; August 5 - 9 am; August 12 - 3 pm; August 19 - 8:30 am*; August 26 - 1:30 pm.</b>							





## Truro Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HIKE: PILGRIM LAKE DUNES</b> <b>9 AM</b> 2½ hours, 2 miles in soft sand. Free.	Explore some of the biggest sand dunes on the Cape and learn how they formed and have changed over the years. Meet at the dirt parking area at the end of High Head Road, off Route 6, North Truro.						●	
<b>WALK: THE HIGHLANDS CENTER</b> <b>2:30 PM</b> 1½ hours, ¾ mile. Free. 	Tour the former North Truro Air Force Station and learn about the role the area played in our Cold War past as well as the exciting plans for its future. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet at the lot outside the entrance.	●						
<b>TALK and TOUR: HIGHLAND HOUSE AND LIGHT AREA</b> <b>2 PM</b> 1½ hours, ½ mile. 	See why waters around the Cape are treacherous and learn of the Cape's exciting life-saving history. \$3 museum fee benefits the Truro Historical Society. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Meet at the Highland Light observation deck.		●					

## Provincetown Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WALK: TOUR OF THE TOWN</b> <b>9 AM</b> 2 hours, 3 miles. \$5 per person.	Explore Provincetown's history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum. <b>BY RESERVATION ONLY. CALL THE PILGRIM MONUMENT AND PROVINCETOWN MUSEUM 508 487 - 1310 TO REGISTER AND FOR MEETING LOCATION.</b>		●					
<b>WALK: PROVINCE LANDS DUNES AND BOGS</b> 1½ hours, 1 mile in loose sand. Free.	Explore the dunes and wild cranberry bogs of the Province Lands. Meet at Province Lands Visitor Center. <b>Sunday programs at 10 AM. Friday programs at 1:30 PM.</b>	●				●		
<b>FAMILY PROGRAM: RANGER'S TREASURE CHEST</b> <b>10 AM</b> ¾ to 1 hour. Free.  	Check out what's in the ranger's treasure chest. Is it a clue to something that lives at the seashore? Or maybe it's evidence of people who were here before us. Interactive program geared towards children 7 to 12, but all are welcome. Children may not be left unattended at the program. Meet at the Province Lands Visitor Center auditorium.					●		
<b>FAMILY PROGRAM: LIFEGUARD DEMONSTRATION</b> <b>10 AM</b> ½ hour. Free. 	Join a lifeguard at Race Point beach to learn about the job of real-life rescue heroes. Meet at the head lifeguard chair. Beach entrance fees apply.				●			
<b>WALK: HATCHES HARBOR</b> <b>1:30 PM</b> 2½ hours, 3 miles, easy. Free.	View Race Point Light over one of the Cape's best marsh and ocean vistas. Learn the history of the area, including the park's recent marsh restoration project. <b>BY RESERVATION ONLY. CALL 508 487 - 1256 FOR RESERVATIONS AND MEETING LOCATION.</b>						●	
<b>WALK: TIDAL FLATS</b> <b>TIME VARIES WITH THE TIDE.</b> 2 hours, ½ mile. Free. 	Get your feet wet as you explore the abundance and diversity of life in an intertidal zone. <b>BY RESERVATION ONLY. CALL 508 487 - 1256 FOR RESERVATIONS AND MEETING LOCATION. No program 8/18.</b>			●				

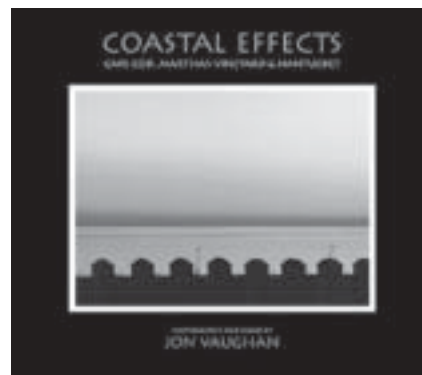
## Provincetown Programs *continued*

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OPEN HOUSE:</b> <b>OLD HARBOR</b> <b>LIFE-SAVING</b> <b>STATION</b> <b>1:30 to 3:30 PM</b> Free.		●	●	●	●	●	●	
<b>HIKE: ART IN THE DUNES</b> <b>4:30 PM</b> 3 hours, 2½ to 3 miles in loose sand. Free.		●						
<b>CAMPFIRE: HERRING</b> <b>COVE BEACH</b> <b>7:45 PM in July</b> <b>7:15 PM in August</b> 1½ hours, short walk in loose sand. Free.		●						
<b>WALK: SURFMAN'S</b> <b>NIGHT PATROL</b> <b>7:45 PM in July</b> <b>7:15 PM in August</b> 1½ hours, ½ mile. Free.		●						
<b>HISTORICAL</b> <b>REENACTMENT:</b> <b>BEACH APPARATUS</b> <b>DRILL</b> <b>6 PM</b> 1 hour. Fee required.	 				●			

## Special Presentation

### JON VAUGHAN, COASTAL EFFECTS PHOTOGRAPHER, AUTHOR TO SPEAK

Jon Vaughn, award-winning Cape photographer and author of **COASTAL EFFECTS: Cape Cod, Martha's Vineyard and Nantucket**, will give a presentation at Province Lands Visitor Center, Wednesday, August 4th at 3 PM. Mr. Vaughn will read selected essays from his photography book with subjects ranging from aesthetics, photographic technique and equipment and open space preservation on Cape Cod. A question and answer period and book signing will follow. Admission is free.



**COASTAL EFFECTS:**  
*Cape Cod,*  
*Martha's Vineyard*  
*and Nantucket*  
*is available at the*  
*Eastern National*  
*bookstores at*  
*both visitor center*  
*locations.*

## Partner Programs

### Nauset Light Preservation Society



The non-profit Nauset Light Preservation Society (NLPS) worked cooperatively with the U.S. Coast Guard and the National Park Service to save Eastham's most famous historic structure from the Atlantic Ocean. Nauset Light, successfully moved in November 1996, is now operated by NLPS under agreement to the National Park Service at Cape Cod National Seashore.

**FREE. TOURS CONDUCTED BY NAUSET LIGHT PRESERVATION SOCIETY VOLUNTEERS EVERY SUNDAY, JULY THROUGH AUGUST, FROM 4:30 TO 7:30 PM.**

[WWW.NAUSETLIGHT.ORG](http://WWW.NAUSETLIGHT.ORG)



### Payomet Cape Cod Storyteller Project

Payomet Performing Arts Center's **2004 Cape Cod Storyteller Project**, a joint program of Payomet and Highlands Center, Inc., will feature

Storyteller Lauren Johnson. Lauren has been weaving her web of stories, poetry and prose across the country as producer of over a dozen children's plays.

**Directions:** Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse. Turn left onto Old Dewline Road. Meet at the area outside the station entrance and follow directions to the picnic grove.

**FREE. SUNDAYS: JULY 4 AND 18, AND AUGUST 1, 15 AND 29. 11 AM, 30 MINUTES. AT THE HIGHLANDS CENTER'S PICNIC GROVE. CALL 508 487-5400 FOR DETAILS.**

(Rain location: Payomet Tent, Route 6 and Noons Heights Road, North Truro.)

[WWW.PPACTRURO.ORG](http://WWW.PPACTRURO.ORG)



### Truro Historical Society Sites

**HIGHLAND HOUSE MUSEUM** - open June through September. Located near Highland Light, the museum is a classic example of a turn of the century summer hotel. A visit affords insight into the everyday life of the past, from the Pamet Native Americans to the days when electricity and paved roads were unknown in Truro. The museum contains 17<sup>th</sup> century firearms, shipwreck mementos, early fishing and whaling gear, household tools, farming implements, furniture, Sandwich glass and more. 508 487 - 3397

**HIGHLAND LIGHTHOUSE** - open: May 1 through late October. At the lighthouse, enjoy an interpretive center, climb the lighthouse tower and take in the beautiful view from the top. 508 487 - 1121.



**ADMISSION TO MUSEUM OR LIGHTHOUSE: \$3 PER PERSON; CHILDREN 12 AND UNDER FREE AT THE MUSEUM ONLY; MEMBERS FREE. (CHILDREN MUST BE 51" TALL TO CLIMB HIGHLAND LIGHT.)**

[WWW.TRUROHISTORICAL.ORG](http://WWW.TRUROHISTORICAL.ORG)



### Friends of Cape Cod National Seashore

The Friends of Cape Cod National Seashore is a non-profit organization whose purpose is to support and enhance people's enjoyment of the seashore by: ♦ funding worthy environmental, historical, educational and recreational programs ♦ publicizing issues that affect the protection and preservation of the seashore's resources

♦ providing volunteers for important projects such as dune grass planting and Adopt-a-Trail maintenance programs ♦ managing several special funds that contribute to important educational, archival and research projects.

[WWW.FCCNS.ORG](http://WWW.FCCNS.ORG)

### THE FOLLOWING FREE PROGRAMS ARE SPONSORED BY THE FRIENDS:

#### OLD FASHIONED "PATRIOTIC" BAND CONCERTS



Tuesday, July 6th, at 7 PM, at Little Creek parking area, off Doane Road, Eastham; Tuesday, July 13th, at 7 PM, at the Amphitheater at Province Lands Visitor Center, Provincetown. Enjoy these concerts by the Lower Cape Concert Band performing a variety of music from show tunes to marches.

**Free American flags for all!**



#### FAMILY SUNSET CAMPFIRE AND SING ALONGS

Thursday, July 29th at 8 PM, at Race Point Beach, Provincetown; and Tuesday, August 10th at 8 PM at Nauset Light Beach, Eastham. Enjoy an evening campfire on the beach with songs led by Cape Cod musician Denya LeVine.